

Session Thirteen: Meals in a Hurry



In this session the participant will:

1. Discuss strategies to reduce the time spent in food management activities.
2. Develop a shopping list of foods needed for quick meals.
3. Identify ways to increase fish consumption.

| | Checklist of Materials Needed |
|-----------------------|--|
| Supporting Materials | <input type="checkbox"/> Fat Scans |
| Food & Paper Supplies | <input type="checkbox"/> Beverages of choice (coffee, tea, juice) <input type="checkbox"/> Creamer, sugar, coffee stir sticks, optional <input type="checkbox"/> Paper supplies: plates, napkins, cold cups, hot cups (if needed) <input type="checkbox"/> Plastic forks or spoons |
| Food Demo | <p><u>Food Tasting: Select one fish dish to prepare and present:</u></p> <p>Croaker Stir-Fry (<i>stir-frying cooking demonstration</i>)</p> <input type="checkbox"/> Pre-cut ingredients for stir-fry (ziploc bags) <input type="checkbox"/> Marinated fish <input type="checkbox"/> Cutting board and knife <input type="checkbox"/> Large non-stick electric skillet <input type="checkbox"/> Spatula or plastic spoon for stir-frying <input type="checkbox"/> Large platter to hold cooked vegetables when cooking fish <input type="checkbox"/> Bottle with lid to mix cornstarch and marinade <input type="checkbox"/> Extension cord, if necessary <p>Ginger-Sesame Sole Fillets (<i>microwave fish dish</i>)</p> <input type="checkbox"/> Microwave oven <input type="checkbox"/> 13 x 9-inch glass baking dish <input type="checkbox"/> Plastic wrap to cover dish <input type="checkbox"/> Spatula to serve fish <p><i>Note: If you choose different foods for the Food Tasting, emphasize quick low-fat fish dishes. Take the opportunity to highlight "presentation" of fish for eye-appeal.</i></p> |

| Participant Manual | | |
|---------------------------|--|------------------|
| Worksheets | Worksheet | Page(s) # |
| | 13-1 | 13 |
| | 13-2 | 14 |
| | 13-3 | 15-16 |
| | 13-4 | 17 |
| Resource Section | Additional materials available in Participant Manual | |
| | Resource | Page(s) # |
| | Getting to Know Fish | 44-46 |
| | Low-Fat Fish Marinade Ideas | 47 |
| | Quick Fish Meal Ideas | 48 |
| | Light and Healthy Microwave Cooking Tips | 49 |
| | How to Stir-Fry | 50 |
| | | |

Session 13 Outline—Key Activities

| Activity Type (Time) | Activity |
|---|--|
| Large Group Discussion (15 minutes) | <p style="text-align: center;">Review of Home Activity</p> <p>◆ Discuss experiences planning for a vacation, holiday or special occasion.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What idea or strategy did you find the most helpful during your special occasion or event? - What would you do differently next time? - What changes did you try in reducing the fat in your home-baked goods? - How successful were the changes you made? |
|  <i>Notes</i> | |
| Large Group Discussion (8 minutes) | <p style="text-align: center;">New Material</p> <p>◆ Use Worksheet 13-1 to discuss time-saving meal ideas.</p> <ul style="list-style-type: none"> • Participants identify strategies currently used. <p>◆ Key point—participants identify ways they save time in preparing meals.</p> |
|  | |

Large Group
Discussion
(15 minutes)



- ◆ Participants share ideas on ways to save time in meal preparation.
 - Make and use shopping list
 - Use quick recipes
 - Use quick food preparation ideas
 - Stock your kitchen
 - Use quick cooking methods
- ◆ Key point—participants identify additional strategies to save time in preparing low-fat meals.

Pairs or Small
Group
Activity
(12 minutes)



- ◆ Form pairs or small groups (3-4).
- ◆ Use **Worksheet 13-2** to write down some quick low-fat meal ideas.
 - Use **Worksheet 13-3** to make shopping list.
- ◆ Share menu ideas with large group.
- ◆ Key point—participants share ideas for quick and easy meal ingredients and ideas.

Large Group
Discussion
(15 minutes)



- ◆ Participants discuss fish consumption.
 - Identify current use
 - Reasons to eat
 - Barriers (cost, smell, taste)
 - Strategies to increase use
- ◆ Key point—participants identify ways to increase fish consumption.

Cooking
Demo/Food
Tasting
and
Discussion
(35 minutes)



- ◆ Cooking demonstration—quick low-fat fish dish.
- ◆ Discuss importance of presentation.
 - Color
 - Variety of fish
 - Variety of shape and texture
 - Variety of cooking methods
- ◆ Key point—participants identify ways to make fish meals more appealing.

Summary

Large Group
Discussion
(10 minutes)



Discuss the issues and identify participants who need more help.

- ◆ Focus on ways to save time and present food in an appealing fashion.

Q/A:

- What new time-saving ideas are you going to use?
- How can you begin to include more fish or seafood into your current meals?

Home Activity


Large Group
Discussion
(8 minutes)



- ◆ Assign two Fat Scans.
- ◆ Ask them to complete **Worksheet 13-4** at home. Answer questions.

Total Time:
118 minutes

Session Thirteen: Meals in A Hurry

| Activity Type (Time) | Activity |
|---|---|
| Large Group Discussion (15 minutes)  | REVIEW OF HOME ACTIVITY |
| | <p>♦ Discuss experiences planning for a vacation, holiday or special occasion.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What idea or strategy did you find the most helpful during your special occasion or event? - What would you do differently next time? - What changes did you try in reducing the fat in your home-baked goods? - How successful were the changes you made? |
| | <p style="text-align: center;">OVERVIEW OF SESSION</p> <ul style="list-style-type: none"> • In Session 12 you learned how to plan ahead to handle special occasions, such as holidays and vacations. Planning ahead is also an important skill to help you make meals in a hurry. Today you will have a chance to look at many different ways you can reduce the time it takes for you to prepare lower-fat meals. • One of the quick foods that we will look at more closely is fish. We'll spend some time looking at some of the roadblocks that prevent you from using more fish in your meals, and prepare some delicious and easy-to-fix fish dishes that you can try at home. |

NEW MATERIAL

Ways You Currently Save Time

PURPOSE: Identify current methods used to save time in preparing meals.

**Large Group
Discussion
(8 minutes)**

- ◆ **Use Worksheet 13-1 to discuss time-saving meal ideas.**
 - **Participants identify strategies currently used.**
- ◆ **Key point—participants identify ways they save time in preparing meals.**

- Most of us want to prepare healthy and delicious meals, but we also want to limit our time in the kitchen. In order to save time in the kitchen, you first need to have an idea of how much time you spend in key food-related activities. Think about a meal you prepared yesterday. What steps did you take to prepare the meal?



Q/A:

- How far ahead of time did you know what you were going to make?
- When did you shop for your food?
- Did you have all the basic foods you needed in your kitchen?
- How much time did it take to prepare your meal?

- Look at the strategies listed on **Worksheet 13-1**. Go through the list and check the column that shows how often you use each strategy (often, sometimes or never). This worksheet is a quick way for you to see what time-saving strategies you already use. Think about the steps you used to prepare your meal. Compare the steps you used to the list of time-saving meal preparation strategies on the worksheet.



Q/A:

- What time-saving strategies do you "often" use?
- What time-saving strategies do you "never" use?
- Why do you think you use these strategies less frequently?
- What strategies would you like to use more often?

**Large Group
Discussion
(15 minutes)**

Key Strategies to Make Meals in a Hurry

PURPOSE: Identify ways to save time in meal planning and preparation.

♦ **Participants share ideas on ways to save time in meal preparation.**

- **Plan meals**
- **Make and use shopping list**
- **Use quick recipes**
- **Use quick food preparation ideas**
- **Know your grocery store**
- **Stock your kitchen**
- **Use quick cooking methods**

♦ **Key point—participants identify additional strategies to save time in preparing low-fat meals.**

- The two keys for reducing the time you spend in the kitchen are: being organized and using time-saving food preparation techniques.

Q/A:

- What strategies do you use to save time when you shop for food?

Organization

Group Nutritionist Note: Find out if the women are aware of where foods are located in most grocery stores. Dairy, fruit/vegetables, meat/poultry and breads are located around the edge of the store and all commercially canned and packed items are located in the middle aisles.

Make and Use a Shopping List

- To shop quickly you need a list. Without a list, you can spend more time and money buying foods you don't need. Before you go to the store, organize your shopping list by the categories of food or where foods are located in the store. This saves you time and helps you find everything on your list.
- Another time-saving tip is to shop early in the morning or late at night. This helps you avoid waiting in long, slow lines and stops you from being rushed into unwise food choices.
- Above all, don't shop when you're hungry. Plan to have a piece of fruit or a can of juice before you go to the store. You'll be less tempted to pick up extra food items.

- If you like to make food decisions in the store, prepare a partial list. For example, your shopping list might say: six portions of vegetables, four portions of fruits, two portions of chicken, two portions of meat, and six portions of noodles, rice or pasta foods. Then you decide on the specific foods to buy when you see what's on sale. This idea can help you save money by letting you be more flexible in choosing seasonal or lower cost items from week to week.
- If you like to shop and plan meals around weekly specials, plan to shop a day or two after the advertised specials appear in the newspapers. Be sure to remember your list. Don't trust your memory.

Stock Your Kitchen

- Shop for quick low-fat food items and have them available in your kitchen. The easiest way to take charge of your eating patterns is to control the food around you. Fill your kitchen cupboards with a good supply of the low-fat basics that you usually use.
- Keep a shopping list posted in your kitchen, for example on the refrigerator. As you use the last of an important basic food, write it on your list. This helps you remember to buy them on your next trip to the grocery store.



Q/A:

- What foods do you like to have available at all times in your kitchen?



Use Time-Saving Preparation Methods

- Another key to decreasing time in the kitchen is using time-saving preparation techniques such as quick recipes, food preparation short-cuts and quick cooking methods.

Q/A:

- What are some quick low-fat meal ideas you already use?
- If you are using higher-fat foods for quick meals, what lower-fat foods could you substitute?

Quick Recipes

- Meals can be easy, if you have quick recipes and quick low-fat basic foods on hand. Pasta makes a filling and delicious meal in less than 15 minutes. You can also use flavorful marinades over boneless chicken breasts, lean meats or seafood for a simple, quick, easy meal.
- There are also a number of convenience foods that can save you time and not add to your food costs. Some examples are: dried onions, garlic, and parsley; frozen fruit juice concentrates; canned or dried soups; canned fish or poultry; quick-cooking rice, potatoes, or pasta; frozen vegetable combinations; and canned beans such as kidney, black or garbanzo beans.



Quick Food Preparation Ideas

Q/A:

- What food preparation short-cuts do you use?
- If you are using higher-fat foods for quick meals, what lower-fat foods could you substitute?
- One short-cut is to prepare extra. You can and refrigerate or freeze the ingredients for future meals. For example:
 - Chop more vegetables than you need and place them in airtight containers.
 - Wash all your fresh fruits and vegetables when you bring them home, then they will be ready to slice when you need them.
 - Cook more onions and freeze what you don't need for your next meal.

- You can also double the recipe and make two meals at once. This lets you have two meals for the time and effort it took to prepare one. Refrigerate or freeze the extra portion. This idea is particularly useful when you're cooking for only one or two people.

Quick Cooking Ideas



Q/A:

- What time-saving cooking methods do you currently use?
 - What kitchen equipment or appliances help you save time when you are preparing meals?
-
- Microwave cooking can be quick. It lets you cook in flavor and tenderness. A microwave can be used to steam vegetables, poach fish, bake potatoes, reheat foods and defrost meat. You can add flavor by using bouillon, wines, or broths instead of adding fat. You will find microwave cooking ideas in the Resource section of your Participant Manual.
 - Stir-frying is another quick and easy cooking method. Most dishes can be made using less than 1 tablespoon of added oil. The trick is to heat the pan **before** you add the oil. This allows the small amount of oil to go further.
 - If you don't feel like spending the time chopping vegetables, you can take a short cut by using one of the following ideas:
 - Use some of those extra vegetables you chopped and froze when you prepared earlier meals.
 - Use frozen vegetable combinations.
 - Buy your vegetables precut from a salad bar or produce section of the grocery store (be aware that this can be expensive).
 - If you're willing to spend a little more money to save time, you can buy precut cubes of meat or strips of chicken at the meat counter.
 - Pressure cooking is another time-saving method of cooking. It uses steam to cook foods quickly. A pressure cooker can cook vegetables, stews, and roasts in a third of the regular time. It can also change the most inexpensive tough cut of meat or stringy chicken into a delicious main meal.

- If you cook a lot, consider using a food processor for fast chopping, slicing and grating.

**Pairs or Small
Group
Activity
(12 minutes)**

Practice Time Management Skills

PURPOSE: Practice menu planning skills.

- ◆ **Form pairs or small groups (3-4).**
- ◆ **Use Worksheet 13-2 to write down some quick low-fat meal ideas.**
 - **Use Worksheet 13-3 to make shopping list.**
- ◆ **Share menu ideas with large group.**
- ◆ **Key point—participants share ideas for quick and easy meal ingredients and ideas.**

- Stocking your kitchen with basic ingredients and having a supply of quick meal ideas are important time-management skills. This is your chance to share low-fat meal ideas with other group members. In your groups (or with your partner), discuss ideas for easy-to-fix, low-fat meals. Use **Worksheet 13-2** to write down some quick meal ideas you would like to try at home.
- Use **Worksheet 13-3** to develop a shopping list of ingredients and foods you need to buy. Check off any foods you need to buy to prepare your meals. Include any low-fat basic foods you need to restock in your kitchen. You will use this list during next month to shop for your meals.



Q/A:

- How did it feel to go from planning menus to making a shopping list?

**Large Group
Discussion
(15 minutes)**

Fish or Seafood for Quick Meals

PURPOSE: Identify reasons to eat fish and ways to deal with the barriers that interfere with increases.

♦ **Participants discuss fish consumption.**

- Identify current use
- Barriers (cost, smell, taste)
- Reasons to eat
- Strategies to increase use

♦ **Key point—participants identify ways to increase fish consumption.**

- Let's look more closely at one food that can be prepared easily and quickly—fish or seafood.



Q/A:

- How many participants currently eat fish at least once a week? (show of hands)
- What are some of the reasons you think fish is good for you to eat?



Group Nutritionist Note: Ask the women to share the reasons they think seafood is good to eat. Possible responses:

- | | |
|-----------------|--|
| Low in fat | Moderate in cost |
| Low in calories | Good source of vitamins and minerals (nutrients) |
| High in omega 3 | Quick and easy to prepare |

- Many of us have heard that eating seafood is good for your health. The latest medical research shows that fish, especially the fattier types, such as salmon, mackerel and trout, contain a high concentration of a type of fat called omega 3. This fat lowers blood cholesterol levels and decreases heart disease.
- Studies suggest that including fish in your diet at least twice a week is desirable for good health. If you haven't eaten much fish or seafood before, now is the time to learn quick and delicious ways to prepare it.

Barriers and Strategies to Increase Use of Fish

- Although many people are interested in eating more fish for health reasons, there are some concerns that get in the way of using more fish or seafood.



Q/A:

- What are some of the reasons you may have for not using more fish in your meals?
 - How do your family or friends like to have fish prepared?
- Let's discuss some of the areas that present barriers to eating more fish (i.e., texture, fishy flavor, cost, smell, etc.).



Group Nutritionist Note: Share ideas about how to reduce some of the participants' concerns about eating more fish in their meals. There is a Nutritionist reference sheet with ideas on page 23. If participants do not mention important ideas, bring them up at the end of the group discussion.

The Participant Manual contains many of these ideas on pages 6-7. In addition, there are meal ideas. There are additional fish marinade and meal ideas in the Resource section of the Participant Manual pages 40 and 41.



Q/A:

- How many kinds of different fish have you tried?
- What are some ways you can reduce the smell of fish in your house?
- What are some ways that fish or seafood can be a great dollar stretcher?

Texture

- Some people think that fish is too soft or tastes too "fishy." Fish doesn't always have a soft texture.
 - Use a firmer textured fish, such as swordfish, halibut, or fresh tuna.
 - Check the way the fish are stored, or their freshness.

Flavor

- Fish doesn't have to have a "fishy" flavor of fish.
 - Try a very mild-flavored choice such as Orange Roughy, Sole or Amber Jack.
 - Reduce some of the "fish flavor" with a favorable sauce or by using the fish in a casserole dish. The *Fiesta Fish and Shells* recipe at the end of this session in your Participant Manual uses these ideas to hide the "fish flavor."

Cost

- Fish can be expensive, however there are always some inexpensive alternatives.
 - Watch for store specials and fish that is in season.
 - Use water-packed tuna for an inexpensive main dish.
 - Frozen unbreaded fish fillets (perch, cod, whiting) usually are less expensive year round.
- For other ideas on how to prepare various types of fish, look at the *Getting to Know Fish* in the Resource section of your Participant Manual.

**Cooking
Demo/Food
Tasting
and
Discussion
(35 minutes)**

Presenting Fish in a Meal

PURPOSE: Identify new ways to make low-fat fish meals more appealing.

- ◆ **Cooking demonstration—quick low-fat fish dish.**
- ◆ **Discuss importance of presentation.**
 - **Color**
 - **Variety of fish**
 - **Variety of shape and texture**
 - **Variety of cooking methods**
- ◆ **Key point—participants identify ways to make fish meals more appealing.**

Remember Fish Cooks Quickly

- Avoid overcooking fish because fish tends to dry out and lose its tenderness and flavor. You can tell fish is done by looking for the following signs:
 - Center of fish flakes (falls apart) when a fork is stuck through the thickest part and turned.
 - Fish loses its shiny appearance and turns opaque (non-transparent) when it is done.
 - Shells on clams, mussels or oysters open when they are done.

Use the 10-Minute Rule

- Use the 10-minute rule for cooking fish. Use a ruler and measure the fish at its thickest point. If the fish is stuffed or rolled, measure it after stuffing or rolling. Allow the fish to cook 10 minutes for each inch of thickness. Turn the fish over halfway through the cooking time unless the fish is less than 1/2 inch thick. This rule works for all cooking methods except microwaving.

Make Fish Meals Appealing

- Perhaps some of you are still thinking, "My family won't eat fish unless it's fried." The way a fish meal **looks** to your family or friends is critical. Here is an example of a traditional low-fat fish dinner.

Poached flounder (white fish)
Boiled potatoes
Coleslaw with fat-free mayonnaise dressing
Non-fat tartar sauce
Milk



Q/A:

- What would you think if you were served this meal?
 - Tell me, what changes could you make to make the meal more interesting or appealing?
-
- Let's talk about lower-fat cooking methods and presentation ideas as we prepare our quick fish dish. The way you arrange foods and the colors of the foods are important. This is especially true when you use new or unfamiliar foods.

Use a Variety of Fish and Cooking Methods


- New varieties of fish and new ways of cooking can also make fish dinners more appealing. Try oven-frying or grilling, instead of always baking or steaming your fish. For new ideas, refer to *Getting to Know Fish* in the Resource section of your Participant Manual.

Add Color

- Add color by serving two or three vegetables on the side. For example, serve snow peas, grilled tomatoes, and thinly sliced carrots with the flounder.

Use a Variety of Shapes and Textures

- You can also add interest by changing shapes or sizes of foods. For example, grill tomatoes and slice carrots on a diagonal (crosswise). In addition, you can add texture to a softer fish meal by serving it with crunchy snow peas and carrots.
- For additional ideas on how to introduce low-fat meals to your family and friends, consider using some of the ideas you learned in Session 5 (pages 6-8).
- The important tips to remember when you add more fish to your low-fat eating pattern are:
 - Buy the freshest fish you can find.
 - Enjoy a variety of fish.
 - Try new ways to prepare fish.
 - Make presentation a top priority.

| | |
|---|---|
| <p>Large Group Discussion (10 minutes)</p>  | <p style="text-align: center;">SUMMARY</p> <ul style="list-style-type: none"> • Low-fat meals don't have to take a lot of time to prepare. In the beginning, you may spend more time because you need to learn what and how to change. However, once you learn the basics and use some time-saving ideas, lower-fat meals can be quick and easy to prepare. (Use the questions in the box below to encourage discussion.) <p>Discuss the issues and identify participants who need more help.</p> <p>♦ Focus on ways to save time and present food in an appealing fashion.</p> <p>Q/A:</p> <ul style="list-style-type: none"> - What new time-saving ideas are you going to use? - How can you begin to include more fish or seafood into your current meals? |
| <p>Large Group Discussion (8 minutes)</p> | <p style="text-align: center;">HOME ACTIVITY</p> <p>♦ Assign two Fat Scans.</p> <p>♦ Ask them to complete Worksheet 13-4 at home. Answer questions.</p> <ul style="list-style-type: none"> • Let's take a few minutes and go over this month's assignment. Use Worksheet 13-4 to establish goals and think about how you will accomplish these goals. • First, identify one or two time-saving strategies from Worksheet 13-1 that you are willing to use more frequently. Write them down on Worksheet 13-4. Increase your use of at least one of these strategies during the next month. • Second, try one of the quick low-fat meal ideas you learned at our group session. |

Nutritionist Reference Sheet for Discussion of Barriers to Eating More Fish

Reducing odor of fish when preparing:

- Buy fresh fish whenever possible.
- Store properly at no more than 0°F in a moisture-proof wrap.
- Thaw in the refrigerator for 6 to 8 hours.
- Don't thaw fish on the kitchen counter or in water. It may spoil due to bacteria.
- Never refreeze fish once it's thawed because of bacteria.
- Soak fish in skim milk for 30 minutes before cooking to decrease the fish odor.
- Certain cooking methods such as frying may increase the fishy smell in your house. Instead of frying, use a quick low-fat cooking method such as oven-frying, baking, steaming or poaching to reduce the fish aroma.
- Use a kitchen fan when possible to rid the house of the fish aroma.
- Reduce the fishy smell by wrapping and refrigerating the leftover fish as soon as possible.
- Remove any fish wastes from the house.

Recipe Suggestions for Cooking Demonstration

Ginger-Sesame Sole Fillets (Microwave)

1/2 tablespoon sesame seeds
2 teaspoons fresh ginger, minced
1 clove garlic, minced
1 tablespoon sesame oil
1 teaspoon soy sauce
1 pound sole fillets (grouper, flounder, trout or tilefish)
Pepper to taste
1 tablespoon fresh ginger, thinly sliced

Equipment needed:

- Microwave oven
- 13" x 9" Pyrex or glass baking dish
- Plastic wrap to cover dish

Pre-group food preparation:

- Toast sesame seeds in small dry skillet.
- Combine minced ginger and garlic, sesame oil and soy sauce in small bowl and set aside.
- Sliver fresh ginger, place in ziploc bag or aluminum foil and freeze.

Season fillets lightly with pepper and arrange in a single layer in a microwave-proof baking dish. Spread ginger mixture over the fillets and then sprinkle with slivered ginger. Cover the dish with plastic wrap. Microwave on HIGH for 3-5 minutes, turning the dish halfway through the cooking time. Remove from microwave oven and let stand until fish flakes when tested with a fork (about 1 minute). Sprinkle with sesame seeds and serve.

Makes 4 servings

Fat: 5 grams per serving

Recipe from Safeway's Light-Hearted Seafood

Croaker Stir-Fry

Vegetables, thinly sliced:

1 cup broccoli
1 cup carrots
1 cup mushrooms
3/4 cup green onions, cut into 1/2-inch lengths
2 medium tomatoes, cut into eighths (optional to peel)

2 TB vegetable oil, divided
1-1/2 pounds **croaker** fillets*,
skinless

Marinade:

3 TB lemon juice
2 TB soy sauce

Cornstarch Mixture:

2-1/2 TB cornstarch
1/4 teaspoon pepper
1 cup cold water
Reserved marinade

* Croaker - light meat with light to moderate flavor. Other fish that can be substituted include: Atlantic ocean perch, Northern pike, rockfish, pollock, swordfish, sheepshead, pompano, striped bass, snapper, and coho or silver salmon.

Equipment needed:

- Cutting board and knife
- Large non-stick electric fry pan
- Extension cord
- Spatula or plastic spoon for stir-frying
- Bottle with lid to mix cornstarch and marinade mixture
- Large platter to hold vegetables when stir-frying

Pre-group food preparation: If Group Nutritionist is doing cooking demo and not involving group participants, she/he may want to complete these activities the day prior to the group session:

- Cut up fish and place in a bowl with the lemon-soy marinade. Cover and refrigerate.
- Cut up vegetables and place in plastic ziploc bags.
- Mix up cornstarch and water in small bottle and add marinade when fish has been drained.

Cut fish into 3/4-inch strips and place in bowl. Combine lemon juice and soy sauce and pour over fish. Let marinate while preparing vegetables. After vegetables are ready, heat 1 tablespoon oil in wok or skillet. Add carrots and stir-fry for 2 minutes. Add remaining vegetables and stir-fry for another 2 minutes. Remove vegetables to a warm platter. Add remaining 1 tablespoon of oil to skillet. Drain fish strips; reserve marinade. Stir-fry fish strips for approximately 2 minutes or until fish is opaque and flakes when tested with a fork. Add vegetables to fish in the skillet. Combine cornstarch, pepper, cold water and reserved marinade; mix well. Add to fish mixture and stir only until broth is clear and thickened.

Note: Normally this is served over rice, but for this demonstration let people sample it alone or consider making couscous as a side-dish.

Makes 6 servings.

Fat: 6 grams per serving

Recipe from Seafood A Collection of Heart-Healthy Recipes